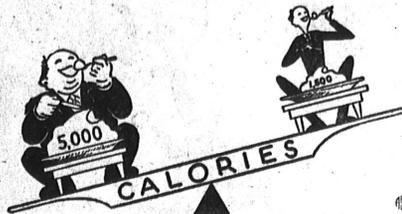


Food Sense — Not Nonsense

Calories Make the Difference



KEEP IT BALANCED

Fed's bad boy couldn't have taken more punishment than has the abused calorie, yet no one could live without it. Whether you are big or little, you need energy to work and enjoy life. That energy can come only from calories furnished by food.

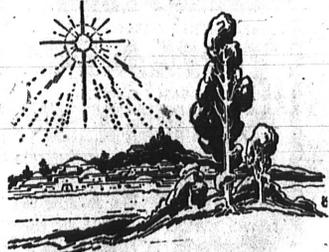
Today, good diet has an indirect enemy—the calorie—because some folks forget that a key to healthful living is balanced eating. So much is said about hazards of overweight that the food needs of the underweight person or the energetic youngster are overlooked. Extreme thinness, though fashionable, is a real hazard.

It is easy enough to see the results of too many calories. Likewise a lack of calories is evident before the lack of proteins or any one of the vitamins or minerals sounds a warning. Undereating leads to nervousness, irritability, loss of appetite, listlessness, lack of vitality and lowered resistance.

The energy to live comes from food and the amount of energy supplied by that food is measured in terms of calories. Actually, food is fuel. Fuel is like gasoline or apple pie, put the "go" in your car or your body. Your age, how hard you work physically, and your size decide how many calories you need. Too many calories go to waste, on your waist.

Fats give about twice as many calories as do sugars, starches or proteins. Foods high in fat have a high calorie count. Some foods, such as a few fruits and vegetables, due to their large amounts of cellulose and water are very low in calories. Nutritionists consider bread and lean meat as having in-between calorie values.

Calories from enriched bread and cereals are economical sources of energy. In some cases, these foods furnish good protein for as much as one-half the cost of high-protein foods.



MERRY CHRISTMAS & HAPPY NEW YEAR

Our Dear Friends:

As Christmas draws near and as 1953 draws to a close, we pause for a moment to think seriously of life, what it means to us . . . of its joys and of its problems.

One of the great joys of life, as we see it, is its friendships.

A true friend is a valuable possession.

What is true of our personal lives is also true of our business lives.

We feel there is a spirit of friendship underlying each business transaction.

We regard our customers as our friends. We value our business friendships as we value our personal friendships.

As an expression of our genuine appreciation of your friendship and all that it means to us, we wish you and those whom you love a joyful Christmas season and a new year brim full of good faith.

Sincerely,
LENY, JERRY and ROD

Torrance FURNITURE
We Make Your Home a Home
1255 SARTORI AVENUE • NEXT TO BANK OF AMERICA
FREE PARKING FAIRfax 8-5550

Here's Wishing A

MERRY CHRISTMAS

and a

SUNNY NEW YEAR

To All Of Our

Friends and Neighbors!

SPECIAL NOTICE
ADULT REFRESHMENTS
IN CELEBRATION
OF THE HOLIDAYS

Sunny Furniture Co.

3639 West Imperial Hwy. OR. 8-3868
(5 Blocks West of Crenshaw Blvd.)
Open Evenings and Sunday for Your Convenience
Drive In Parking — Look for the Giant Red Arrow

MARKET TOWN

6 DAYS OF SPECIALS
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
SAT. & SUNDAY

DEC. 21, 22, 23, 24, 26, 27

CLOSED CHRISTMAS DAY

CLOSE AT 7:00 P.M. CHRISTMAS EVE

15017 S. CRENSHAW BLVD.
423 S. HAWTHORNE

FLORIDA
Grapefruit
JUICE

JUMBO 46 OZ. CAN 23¢

DONALD DUCK

SWANSON'S
GUT-UP WHOLE
FROZEN
FRYERS

LARGE 28 OZ. BOX 99¢

FAMILY PRIDE
COFFEE
POUND BAG 73¢

FRESH, CRISP
SODA
CRACKERS

19¢

PUROLA
FOR XMAS
BAKING
SHORT'NING

3 LB. CAN 69¢

CALIFORNIA
YELLOW CLING
PEACHES

LARGE NO. 2 1/2 CAN 19¢

LIQUOR

GRAND MONARQUE
RUM & BRANDY
MIX

60% BRANDY 40% RUM 379 FIFTH

HARPER FERRY
A BLEND
STRAIGHT
WHISKEY

298 FIFTH

SAUNDERS IMPORTED
SCOTCH

469 FIFTH
CASE OF 12 \$51.65

TORINO
CALIFORNIA
CHAMPAGNE

199 FIFTH

KOZAK
VODKA 279 FIFTH
100% GRAIN SPIRITS

Gift Decanters at no extra charge

DELICATESSEN

ARMOUR'S or MORREL'S GIFT WRAPPED CANNED HAMS 89¢ lb
RATH'S—GIFT WRAPPED CANNED HAMS 3 1/2 lbs. \$3.95
GUDAHY—GIFT WRAPPED CANNED HAMS 6 lbs. \$5.95
HOFCO—NEW YORK, 2 1/2 YEARS OLD AGED CHEDDAR CHEESE 59¢ lb
ROQUEFORT STYLE BLUE CHEESE 59¢ lb

SWEET POTATOES 19¢
DUNBAR SHRIMP 25¢ lb.
FRESH BUTTER 29¢
ANCHOVIES 15¢

ALLEN'S LARGE No. 2 1/2 25¢

SMALL 5 OZ. CAN 41¢

LYNBROOK HALF POUND 36¢

FLAT OR ROLLED REUMBERTO FLAT FILLETS CAN 17¢

Old Forester.....\$6.50 5th
Old Grand Dad 6.50 5th
Old Taylor 6.50 5th
Schenley Reserve 4.38 5th
Walkers de luxe 5.35 5th
Old Charter 5.95 5th
Tom Moore 3.85 5th

A complete selection of box cigars and tobaccos lighters, pouches, pipes

TIDE Large Box 29c

CHEER LARGE BOX 29c

DUZ Large Box 29c